

NEWS DIGEST

Compiled from staff and news service reports

Eastern flights canceled at Salt Lake

SALT LAKE CITY — All Eastern Airline flights at the Salt Lake City International Airport were canceled after the airline's machinists went on strike at midnight between Friday and Saturday.

The machinists were joined by most of the airline's pilots and flight attendants, paralyzing even the 25 percent service the airline had predicted to maintain during Saturday, reported the Associated Press. Major disruptions occurred such as baggage pileups, vacationers stranded with crewless planes and substantial delays for commuters at the nation's large international airports. By the 10th hour of the strike only 10 of the airline's average of 1,040 daily flights had gotten off the ground, the report said.

Officials at Delta, United and American Airlines in Salt Lake said they were able to service passengers from the two canceled Eastern flights Saturday and reported no disruptions in air traffic due to the strike.

The strike is the result of a 17-month feud between the airline's machinists who demand pay raises and the management who wants \$150 million in wage concessions in order to survive. The airline, which is losing \$1 million daily, has claimed earlier it would go bankrupt in the event of a strike.

The airline's single reservation office west of the Mississippi is located in Salt Lake City and employs 650 people, not including the 15 employees at the airport, said Regional Director Bob Burquist.

Drinking habits hinge on confirmation

WASHINGTON — John Tower on Sunday reiterated his pledge to stop drinking if confirmed as secretary of defense, but said he saw no reason to do so otherwise and accused his detractors of "hypocrisy."

Tower also drew a distinction between the past "excessive" drinking he has admitted to and an alcohol "abuse" problem that would disqualify him for sensitive military positions.

At any rate, Tower maintained that such judgments are made by a military person's commanding officer and that, in his case, President Bush is his commanding officer.

Appearing on the CBS-TV interview program, Tower also restated his determination not to ask that his nomination be withdrawn — arguing that Bush did not want him to and that the controversy over his selection has escalated beyond consideration of his own personal qualifications.

"I still have a sip of wine now and again," Tower said when asked if he had stopped drinking.

Nuclear meltdown averted, paper says

MOSCOW — Scientists averted a meltdown aboard a nuclear-powered Soviet icebreaker by a matter of minutes last fall, a newspaper reported.

Vodny Transport, a newspaper that covers Soviet shipping, said the incident occurred Nov. 11 aboard the Rossiya while it was docked at Murmansk, 1,000 miles north of Moscow in Kola Bay.

It was there for routine changing of a filter in a reactor, the newspaper said.

The reactor was shut down, and cooling water was supposed to be drained before changing the filter, the newspaper explained. But a chief physicist aboard the ship gave incorrect instructions to an operator who opened a drainage valve on the ship's other reactor, which was in operation, Vodny Transport said in its Saturday edition.

The main supply of cooling water was drained off mistakenly. Just 30 or 40 minutes worth of backup water was left in a reservoir before the reactor would have melted down and released radiation, the newspaper said. Within four minutes, the "situation was liquidated," according to Dmitri Tarakanov, the newspaper's Murmansk correspondent.

Experimental treatment works on mice

NEW YORK — An experimental treatment for the most severe form of muscular dystrophy has worked in two new studies in mice, and tests in human patients may begin this summer, scientists say.

"This is the most exciting approach for human therapy that, in my opinion, has ever come along," declared Donald Wood, director of research for the Muscular Dystrophy Association.

"We basically have the first step toward a potential to do therapeutics. It looks promising," said Louis Kunkel, co-author of one of the studies.

The mice belonged to a strain that lacks a protein called dystrophin in the muscles. In humans, that defect causes Duchenne muscular dystrophy, the most common and severe form of dystrophy.

After the mice were treated, portions of muscle began to produce the protein.

Duchenne muscular dystrophy is a genetic disorder that strikes boys almost exclusively, appearing in about one in every 3,500 male babies in the United States.

Fires take lives in Midvale, Syracuse

A Midvale woman and her son were killed in an apartment fire and a two-year-old boy died and his mother was critically injured in a separate blaze at a Syracuse home Sunday, authorities said.

Midvale police officers responded to a 7:17 a.m. call from a four-apartment building, only to find one two-story townhouse completely engulfed in flames.

Firefighters were able to control and contain the fire quickly. Firefighters found bodies believed to be those of Brandie L. Melvin, 20, and her 3-year-old son, Anthony Melvin, in an upstairs master bedroom. No other occupants of the building were injured, and an investigation into the cause of the blaze was continuing, Pearson said.

In Syracuse, the Davis County Sheriff's office received a call reporting a fire at 8:30 a.m. Rescue workers found Heidi Painter, 24, suffering from burns on the upper portion of her body, but intense heat prevented them from entering the home, said Deputy Kim Tauss.


Painter's 2-year-old son was killed in the blaze, but his 4-year-old sister escaped unharmed, Frost said. The children's names were not released.

WEATHER

SLC/Provo

Monday: The outlook calls for mostly cloudy skies and mild temperatures. There is a chance of scattered rainshowers. Highs will be in the 50s with lows in the upper 30s.

Sunrise: 6:55 a.m.
Sunset: 6:24 p.m.



Mostly Cloudy

THE DAILY UNIVERSE

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Quote of the day:
"Fear is the main source of superstition, and one of the main sources of cruelty. To conquer fear is the beginning of wisdom."
— Bertrand Russell

Public relations students acquire experience at agency

By MARGARET MCKIE
Universe Staff Writer

Public relations students are gaining experience through working for the Rulon L. Bradley Agency at BYU.

The agency, co-sponsored by the Public Relations Student Society of America and the public relations sequence in the Communications Department, is "a very practical experience that goes beyond what we can do in the classroom," said Bruce L. Olsen, associate professor of communications and faculty advisor to the agency.

The agency is working with several clients, including Cottontree Optical of Provo, TEL Electronics of American Fork and Western Wats of Provo, said agency president Dan Fagetan, a senior majoring in public relations from Reno, Nevada.

The agency has also worked with various departments on campus, including the Earth Science Museum, Fagetan said.

Optometrist R. K. Monson of Provo said students in the agency have published newsletters and pamphlets.

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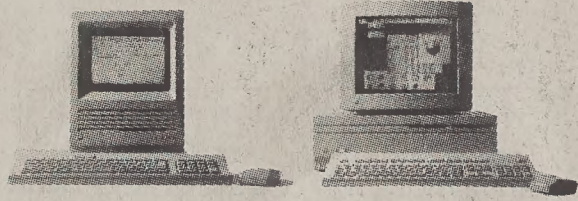


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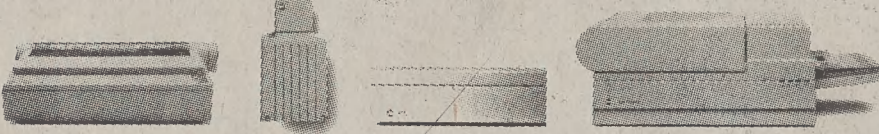
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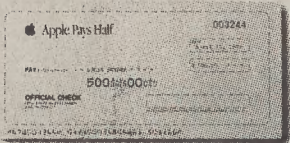
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People speaking out more on style

'Glamour' editor says fashion trends follow consumer wants and needs



Tracy Campbell, 22, and Scott Asbell, 28, model the classic look in the ELWC Skyroom.

by REBECCA PIXTON
Universe Staff Writer

Today's men and women are much stronger and boisterous when it comes to voicing their opinions on the fashions they will and will not wear, according to a Glamour magazine editor.

"As compared to past years, people are taking a much more dictatorial

skirt has received resistance from many women, she said.

"That is why we are seeing the longer styles coming back. Women made a statement that they would not wear the shorter skirt that so many designers had marketed and the designers listened," said Davis.

Women are also spending less time shopping for clothes than they used to, she said.

Based on a survey Glamour conducted on women's fashions, women across the country are not spending as much time shopping in the stores. People have so many different facets in their lives that many times they are just too busy to shop.

"People are more active in other areas of their lives and they just don't have the time to spend on shopping as they use to," said Davis.

Another reason women are spending less time in the stores is they are frustrated with the prices they are paying as it relates to the quality of clothing they are buying, according to Davis.

She said many women are discouraged and frustrated at the styles being offered to them. Many women complain the clothing available to them does not fit well. There are also some problems with taking the clothing into the dressing rooms and many women would rather not have to deal with these.

Though women are spending less time shopping, they are spending about the same amount of money on the fashions they do buy, according to Davis.

"Women will spend money on something they feel is of high quality and fashionable to them," she said.

Several spokesmen for stores at Orem's University Mall said they were experiencing a recent up-trend in their women's fashions.

One store manager said for a while he noticed more cautious shoppers were dealing with the styles that were available, but as the designers listened to the likes and dislikes of

consumers the fashions have progressively changed. Women are beginning to spend more on those items they want, he said.

"The styles are changing and women are pleased with those changes more than they have been in the past," he said.

Fashion is created and proven over time and individuals have to decide on a personal level what fashion is for them, said Michelle Hyde, director of a local modeling agency.

There are some fashions that will always be around. The test of time is an excellent way to read the consumer mind and see whether a particular style is being accepted by a wide variety of women, said Hyde.

"Any style has the possibility of being either fashion or fad, and to prove itself through time will determine which category it really falls under," she said.

As compared to women, men are much more conservative shoppers as well as dressers, Davis said.

The men's clothing market is a very predictable industry. Younger men worry more about the concept of fashion, said a local store manager.



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Lose those pounds creatively

to stay on 'narrowness' path

by ANN B. SOUTH
Universe Staff Writer

The universal quest to lose weight has inspired a variety of dieting methods and programs. Perhaps the greatest difficulty in attempting to shed those unwanted, unloved pounds is the routine and boredom associated with dieting. One can ingest only so many grapefruits and liquid breakfasts a day.

Dieters need realism and creativity to keep them along the path to narrowness. For example, inspirational signs on the refrigerator like "Think Thin" and "Get Healthy" are not, in all honesty, going to curb appetites. When the leftover lasagna calls, dieters who like to read refrigerators should put up some more abusive, realistic signs. Magnetic, cross-stitched reminders reading "Not so fast, fatso" or "Think again, tubbo" may be more discouraging than "Be happy, be thin."

Of course, ultra-realistic dieters

position in influencing what designers produce; especially women," said Holly Davis, fashion and merchandising editor for Glamour.

Designers in the past have been the ones deciding what fashions are dominant. The consumers have played a more subordinate role, but that is changing.

As a result of the more active role women are taking, the shorter length

are not going to be dissuaded by any sign, regardless of its tone. These people can creatively bar themselves from the refrigerator with a variety of methods. Barbed wire can effectively suppress that midnight craving, as can a more elaborate design of explosive devices or trap doors that drop would-be refrigerator raiders into the laundry chute.

Extend a sense of realistic creativity into early dieting efforts. The shock of beginning a diet with a full day of green salads is a powerful deterrent to further dieting. Ease into dieting. Make small goals. Buy pop-tarts that aren't frosted; don't put sour cream on burritos. When ordering pizza, choose your least favorite toppings so you won't be tempted to eat as much. Get the diet drinks with fast food meals, ask for low-cal mayonnaise on hamburgers.

Naturally, dieting must be combined with exercise for effective weight loss. Try to burn those calories creatively. If you begin each

morning with a bowl of sugar-coated cereal, be sure to spend some quality exercise moments reaching around in the box searching for the prize. When you find it, throw it back in for tomorrow's hand-strengthening workout.

Jogging is often revered as a great diet help, but again, be sure to start slowly. Wear your jogging shoes around the house for a few weeks, just to get the feel of them. Then, add your sweats and wear them for a few more weeks, just to get used to the feel of jogging attire. When the weather permits, step out on your front porch to test wearing full jogging attire outdoors. Step back in when you get cold. If you can work up to regular stepping in and out, you're well on your way to a caloric massacre.

Remember, diet and exercise don't have to be mundane and frustrating. Approach excess weight creatively. After all, it may not be by chance that "creative" and "calories" both begin with the letter "c."

Making your wardrobe work

Associated Press

NEW YORK — Rare is the woman who does not have "closet clothes" — those irresistible, impulse pieces that never did, and never will, relate to the rest of her wardrobe.

If you have more than your share of bottomless tops and topless bottoms, here are some tips to get your wardrobe working for you:

Read fashion magazines. What's new? What are the key pieces? How are they put together? What is the fashion editor featuring?

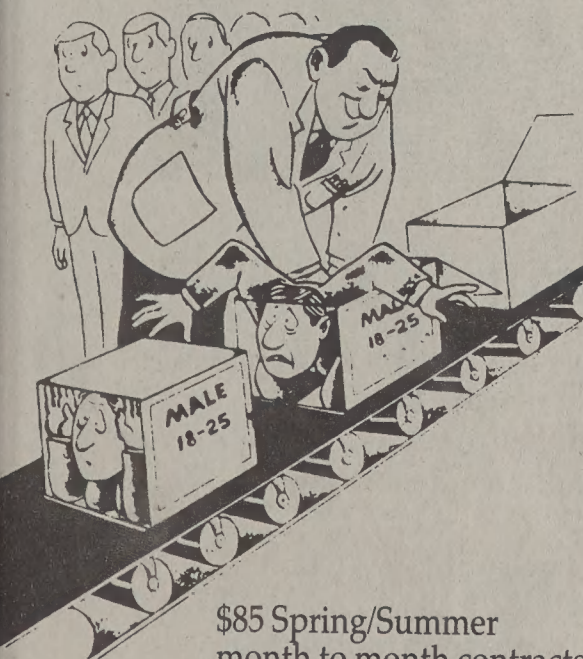
- Make a "just looking" shopping trip. Shop both in the more expensive boutiques and in discount stores for ideas of what is available and what you might expect to pay. Separates and accessories at terrific prices can often be found at the discount stores, while a well-tailored jacket or suit might be your "investment" piece from a higher-priced retailer.
- Analyze the clothes you have seen. There will always be several concurrent trends, with one best for you.
- Choose a color palette. What colors flatter and work best for you? Remember, neutrals will always give you maximum versatility and can be re-charged with fresh accent colors.

Susan Sommers, whose most recent book is "French Chic — How to Dress Like a Frenchwoman," says, "Purchase only what you love, no matter how expensive or inexpensive the item is."

"In this way, you'll build a wardrobe pared down to the most extraordinary essentials that you won't mind wearing week after week, season after season, because you feel so good in them."

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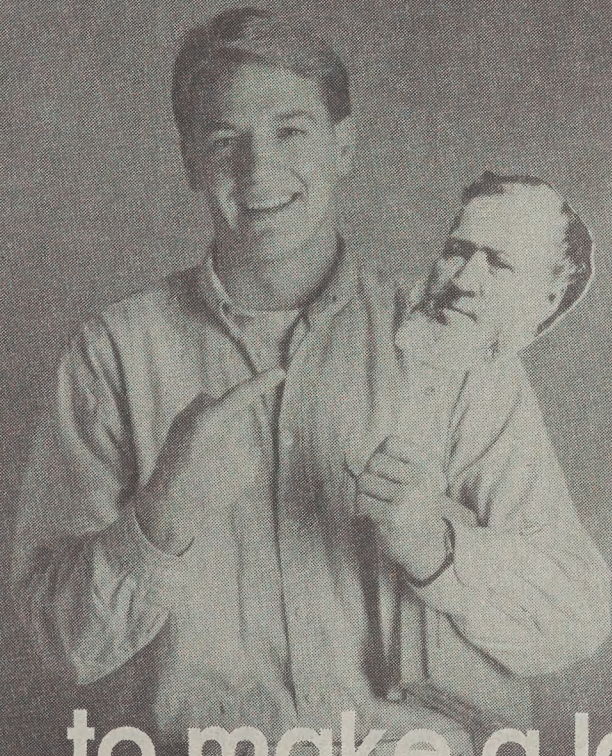
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LIFESTYLE

Synthetic and natural

Are all vitamins the same?

By KARA LEIGH HAMILTON
Universe Staff Writer

Jef Brown grew up on vitamins. He was told by his mother that vitamins would help fight off colds and sicknesses and they would help keep him strong and healthy.

Because of this, Brown, a senior from Cheyenne, Wyo., majoring in Spanish and international relations, still takes vitamins. What he and other vitamin users didn't know is that not all vitamins are the same.

Rachel Howard, manager of Good Earth Natural Foods in Provo, said the ingredients in "synthetic" vitamins are not taken from natural sources as are the ingredients in "natural" vitamins.

"The vitamins are made synthetically, and the chemist does this by taking the same chemical breakdown that is in the natural vitamins and making a replica of what is contained in it," said Howard. "In essence, a synthetic vitamin is a re-creation of a natural vitamin without the natural ingredients in it."

She said natural vitamins are taken from natural sources — things like fruits and vegetables.

DeLora Cameron, owner of Cottage Health Food Store in Provo, said originally all vitamins come from a natural source. Synthetic vitamins, however, have taken the natural vitamin pattern and restructured it. She said natural vitamins are used as a "blueprint" for the making of synthetic vitamins.

Cameron said there is a big difference between synthetic vitamins and natural vitamins. When people take a natural vitamin they are going to get a more natural reaction to the vitamin than the medical reaction they would receive from the synthetic vitamins, she said.

Ruth Brown, an employee of Mother Nature's Market in Springville, said giving the body a synthetic vitamin is like swallowing a rock and asking the body to break it down.

"A synthetic vitamin is made from artificial things. It's a man-made product, and I personally wouldn't touch a synthetic vitamin, because it's just like asking your body to use a rock for nutrients," she said.

David Christopher, general manager of Mother Nature's Market, said there is no such thing as natural vitamins and there is no difference between natural and synthetic vitamins.

He said synthetic and natural vita-



photo illustration by Alan Bailey

For many, the question is not whether they should take vitamins, it is whether synthetic vitamins are as good for the body as natural vitamins.

mins are made from the same products and the only reason they are called natural and synthetic is because natural ingredients are added to the natural vitamins.

"In making natural and synthetic vitamins, a health company will start with the same things, but will add natural products to the so-called natural vitamins," said Christopher, a herbalist.

There is a difference between the products but there is no difference between the way the vitamins are put together, he said.

Brown said he is taking vitamins now but has no idea whether they are synthetic or natural. He said he would rather eat natural things like fruits and vegetables instead of taking vitamins because he feels that he gets the most nutritional value out of them.

But Cameron says it's important to take vitamins because there is not enough nutrition in eating only fruits and vegetables.

"We live in a society where the soil has been depleted and the food that is

grown has been grown too fast," Cameron said. "Because of this there is very little nutrition in the food we eat, even if we are eating total produce. By taking vitamins and minerals we can receive a better source of nutrition."

Howard said most doctors say that it matters what kind of vitamins people take. She said the success of her store shows her there are many people who prefer natural vitamins.

"I believe that vitamins do a lot for people," Howard said. "If everyone was born with perfect bodies that had no inherent weaknesses or problems, we wouldn't need vitamins. As it is, most people don't eat food that contains a lot of vitamins."

"Americans are breaking down in their eating habits and are somewhat unhealthy. Some people can get along without vitamins, but most people need them. If people were to eat things with live enzymes, like raw fruits and vegetables, they would be getting most of the nutrients they need," she said.

Fox's new TV 'cops' are real

By MOLLY R. LARSON
Universe Staff Writer

No scripts, no actors, no phony endings — just "cops."

Some people may have seen the previews for Fox Broadcasting Company's new television show, "COPS." Fox is calling it a "gritty, hard-hitting look at the everyday realities of police life."

The Daily Universe was invited to a sneak preview of the series.

Camera crews followed several police officers and deputies in Broward County, Fla., day and night for seven consecutive days. The result was 50 hours of footage edited into a format with no narrator.

The no-narrator format presents the first problem. Since no one was explaining what was being shown, it was difficult, at times, to understand what was happening.

Another problem was the concealed faces of some of the suspects the officers were arresting or questioning. No one explained why some faces were "censored" and others weren't.

Did some give permission to be on television? Were some convicted and others not?

Devi Fournier, the promotion manager for KSTU Channel 13, said "COPS" is a powerful, real-life look at

police, both on the job and at home. "No re-enactments," he said. "It's the real thing."

The on-the-job footage was real enough, but the at-home footage seemed staged. We saw a deputy come home and sit in front of the television while his wife complained he never talked to her or told her about his day at work. Although many could relate to the situation, it just didn't appear to be an actual argument.

We saw officers stopping people at random, searching cars at random, and searching luggage at random. Since most of us don't particularly know what the laws and procedures are, it seemed as though some of these people were being harassed.

"We wanted to do a real-life cop show with a very dramatic format," said John Langley, one of the creators of the show. "We felt reality is more fascinating than fiction."

Malcolm Barbour, the other creator of the show, said, "Viewers can see what law enforcement is really all about."

The language was censored and we

didn't see anyone getting shot, but we did see officers pulling an actual body out of the swamps.

"COPS" has brought praise from several national and state police organizations, including the National Association of Chiefs of Police and the American Federation of Police, and the Florida Crime Prevention Commission.

"COPS" will premiere March 8 p.m. on KSTU Channel 13. The premiere will be one hour, and the series will be a half-hour.

The "cast" of "COPS" includes Sheriff Nick Navarro, who presides over one of the largest law enforcement agencies in the United States.

Captain Ron Cacciatore is the deputy director of the Organized Crime Division. He investigates Mafia, narcotics trafficking, smuggling and other major felonies.

Deputy Jerry Wurms is a man who patrols Fort Lauderdale's district II. It rivals South Central Los Angeles with drive-by shootings, gang warfare, assault and battery, and virtually every serious crime.

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Looking for 'Mr. Goodwrench'?

By MARK D. BASSETT
Universe Staff Writer

Have you ever had the experience of walking out of an auto repair shop wondering what was done to your car and why it cost so much?

Clay Liston, manager of TUNEX in Provo, said a majority of problems result from poor communication between the consumer and the mechanic.

"People do not get what they think they are getting," he said.

Customers need to remember mechanics can't read their minds, said Liston.

"The satisfied customers are the ones that take time and explain what problems they are having with their cars and what their expectations are," he said.

When a mechanic works on a car he opens himself up to liability, Liston said.

"If we are going to take the responsibility and liability of working on a car, we need consumer's infor-

mation and trust to make it right," he said.

Geoffrey Rice of the American Automobile Association said personal references from friends are the most important thing when looking for a good auto mechanic.

For those having trouble finding their "Mr. Goodwrench," "Chilton's Complete Book of Automotive Facts" offers the following help:

— Check on how long the business has been established.

The longer the shop has been established, the more likely it is to provide a better service.

— Inquire if the shop will give written estimates and a written guarantee on the work performed.

— Ask friends where they have work done on their automobiles. Chilton's said word-of-mouth is the best way to find a good mechanic.

If you find a mechanic you feel questionable about, you can contact the Better Business Bureau.

The Bureau is able to provide information on businesses that have per-

formed poorly in the past. In Provo, the Bureau can be reached at 377-2611. If the Bureau is unable to give you information, you can consult the "Motor Parts And Time Guide."

The guide will list the difficulty of a car repair job and its estimated completion time.

With this information you should be able to determine if a written estimate is within reason.

According to Chilton's, once you find a mechanic you feel comfortable with, continue to give him your business, and follow three simple rules:

— Always call ahead for an appointment. Most good auto shops will always be busy, and appointments are a must.

— Describe the problem as specifically as possible to the mechanic who will work on your car.

— If you are pleased with the work done, let the mechanic know.

This will help you develop a good relationship with him, and he will be more apt to do a good job on your car in the future.

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CAMPUS

Friday Night Live — A forum for communication

By SHANNON STOWELL
Universe Staff Writer

World-wide Friday Night Live, held Friday in the Ernest L. Wilkinson Center, provided a forum for campus-wide communication between student organizations and the student body, participants said.

Sponsored by BYUSA, the event filled the ELWC with people, culture, food, dunking booths, dancing, music and games. And according to Claudia Rodriguez, a 19-year-old business student from Calgary, the event provided students with a night of "cheap but fun entertainment."

"I went to everything and it was fun," she said. "I think they should do more like this — it's cheaper, and it's more of a casual thing. You can meet a lot of people this way."

Roger Crawford, a 24-year-old economics major from Palos Verdes, Calif., described the night as "pretty groovy."

"It's nice to help out these clubs in their projects, and it's a great activity to vent my frustrations from studying," he said.

Other students, such as David Christensen, a 22-year-old zoology major from Idaho Falls, appreciated the opportunity Friday Night Live provided for his organization (Alpha Epsilon Delta) to interact with other campus clubs. "It was like a Mardi Gras in here all night — people dancing around and having fun. I think having International Week here had a lot to do with it, and I think they should do something like this every

year. Tonight there was a better representation and a bigger spectrum of people and clubs. It was neat to see how the different clubs worked together," he said.

Some booths invited student participation by providing games and cultural presentations. The Halo Halo Club booth, for example, which was set up in the Cougar Eats, invited student participation by teaching a traditional form of dance. Bamboo poles were bounced on the floor twice and then hit together, and student participants were invited to dance back-and-forth across the sticks.

Evan Hansen, a 21-year-old physics major from Boulder, Colo., volunteered to participate in the dance. "It looked like a lot of fun. Once I got it down it was pretty easy and a lot of fun," he said.

Three air-band performances gathered a large crowd of students, and represented a diverse range of campus clubs. The Unicyclists, the women's lacrosse team, Sportsmen, the College Republicans and the Polynesian Club are a few of the organizations that participated in the performances.

Shellene Cockrell, an 18-year-old from Colorado Springs, with an undeclared major, enjoyed the air-bands. "There was a lot of variety and it was fun to watch," she said. Jennifer Shetter, an 18-year-old, with an undeclared major, from Gettysburg, Pa., also enjoyed the air-band entertainment. "I thought it was good entertainment, and it was worth the two dollars," she said.



Universe photo by Jeanne Schmeil

Students performed lip-synchs, such as this one to "Wild, Wild West," at Friday Night Live, held last Friday in the Ernest L. Wilkinson Center.

STUDENT FOCUS

Editor's Note: This is part of a series of Student Focuses that will run on Mondays during Winter Semester.

If you have any suggestions for names of interesting, outstanding or unique BYU students, please contact the Monday editors at The Daily Universe, 5th floor, ELWC or call 378-7112.

Home is on the range for Amy Veater. When she returns home for the summer she is involved in a world of horses and fun.

Veater, 20, a junior from Coarsegold, Calif., majoring in agriculture business is also a ranch hand. "Growing up on the ranch has really made me appreciate the land, for the beauty that tends to go unnoticed," she said.

AGENCY

Continued from page 2

and designed logos and letterheads for his office. "They've done a good job," Monson said.

Olsen said working in the agency helps students learn how to follow through and complete projects.

Olsen said in public relations classes, students don't get the chance to complete their projects, while in the agency they have to get bids, and work with artists and with the press. "It puts them ahead in the job market," he said.

There are about 30 students in the agency, he said.

Fagetan said students don't have to be public relations majors to join the agency, but need to apply to join.

"It will give them a taste of what public relations work is all about," he said.

The agency is named after Rulon L. Bradley, a faculty member of the Communications Department who taught public relations courses and expanded a few courses into the public relations major now offered, Olsen said.

The agency was started last winter. Olsen said that last year the agency concentrated on organization and this year it is concentrating on clients.

Since childhood, Veater has wanted to continue the fourth generation of Veater ranching. Her grandfather struggled hard to attain a profitable ranch to support the three generations. The cattle ranch includes thousands of heads of livestock and 20 horses.

"Spring is the busiest time of year. This is the season when 22 ranch hands get on horseback and take helicopters to gather the cattle that roam 7,000 acres." They load them on large cattle trucks and ship them to various

sales. Fall is an exciting time of year when the Veaters receive a new shipment of cattle. The cattle are placed in a large corral; from there, 10 are placed in a catchpen. One by one, they are placed in a chute, where their bodies are immobilized and branded with the Veater brand.

There is also time for leisure on the ranch. Amy's four brothers and sisters gathered on horseback to reunite after three years of separation. They went to the biggest mountain and looked over the beautiful Napa Val-

ley. "I realized there is nothing worth sacrificing the land I was raised on. I must come back here after I graduate and make my living," said Veater.

The recent cold front has worried the Veater family. "The frozen snow has inhibited the growth of feed for the cattle, which is critical to their survival," Veater said. If the weather doesn't take a turn for the better, they will have to ship in feed which will cost the operation thousands.

Amy misses the ranch when she is away at school.

"When watching the movie 'Man From Snowy River' I get extremely homesick. The scenery is similar to what I see at home," said Veater.

Amy frequently visits ranches in the Utah area. She likes to see what other ranchers do and how they manage the cattle. She believes the ranching here is different from California, because of the weather. Sometimes the weather could ruin a whole season. Amy returns home to the ranch in April. Until then, she is content studying the many aspects of agriculture.



Universe photo by Bruce Herron

Here comes the bride

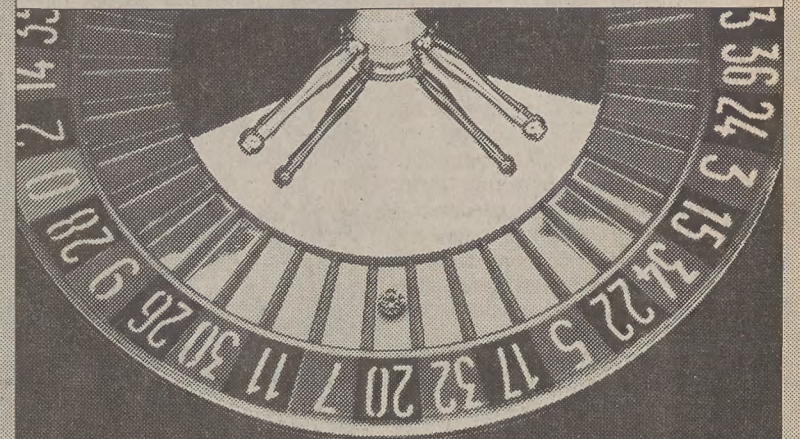
Robert Nakea, a graduate student from Kailua, Hawaii, plays "The Norwegian Bridal Procession" Saturday night in the ELWC Ballroom. Nakea's act was one of 20 during a talent show. The acts showed bits of a country's culture.

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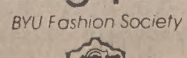
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SPORTS

CSU beats BYU to claim WAC title

By KEVIN J. NIENDORF
Sports Editor

The Rams of Colorado State, led by Pat Durham's 31 points, overpowered BYU 89-72 to win its ninth straight game and claimed the WAC regular season basketball title for the first time in its history Saturday afternoon in the Marriott Center.

The 21,484 fans saw BYU center Michael Smith score 30 points enabling him to pass Devin Durrant as the number two all-time BYU scorer with 2,286 points. Smith also broke the leading WAC free-throw record as well as the all-time WAC career scoring record. He added nine rebounds leaving him six rebounds short of the all-time BYU record.

"These kids are a perfect example of what can happen when you work hard," said CSU Coach Boyd Grant, of his first ever WAC regular season title with a 12-4 WAC record (20-8 overall). "Sometimes when you rise to the occasion everything seems to fall into place."

BYU led 40-38 at halftime but couldn't seem to come out on track as CSU ran off a 10-2 run to open the second half. CSU eventually outscored BYU 51-32 in the second half, hitting 18 of 20 free throws in the final five minutes of the game in what turned out to be BYU's attempt to come back by fouling CSU.

"We tried to turn it into a free-throw shooting game," said BYU Coach Ladell Andersen, whose team finishes at 14-14 on the year - 7-9 in the WAC. "We were just too far down. They hit some clutch, clutch shots the whole game."

Indeed they did. Everytime BYU was on the verge of cutting CSU's lead to a basket, the Rams would hit a long three-point shot from the outside. Andersen said CSU played like

champions coming into the Marriott Center and shooting 68 percent from the field.

"They got the better of us," Andersen said.

"They would run off 40 seconds and

then hit a three-point shot and that killed us," said BYU forward Andy Toolson, who had seven points in the game.

Said BYU guard Kevin Santiago, "They came in fired up. Winning the WAC is a big thing and they set the goal. When you're playing for the WAC title, you gotta hit the key shots."

"This is the biggest thing that has happened to me in my career as a player," said Durham. "We're going into the tournament looking for more wins."

Durham, who is sixth in the WAC individual scoring standings, said his team wasn't the same team that lost by 15 points to BYU in Fort Collins earlier this season. However, Grant said even though his team is playing well, CSU isn't going into the WAC tournament confident.

"We definitely don't have a lock on the tournament," said Grant. "There's no advantage in tournament for winning the WAC."

As for BYU, it had locked up the No. 5 seeding in the tournament before the game against CSU. Had BYU beaten CSU, it would have tied for fourth with Hawaii in the WAC. As a result, BYU will play Hawaii in the first round of the tournament Thursday at 7 p.m. in Salt Lake City. Hawaii is the only team in the WAC

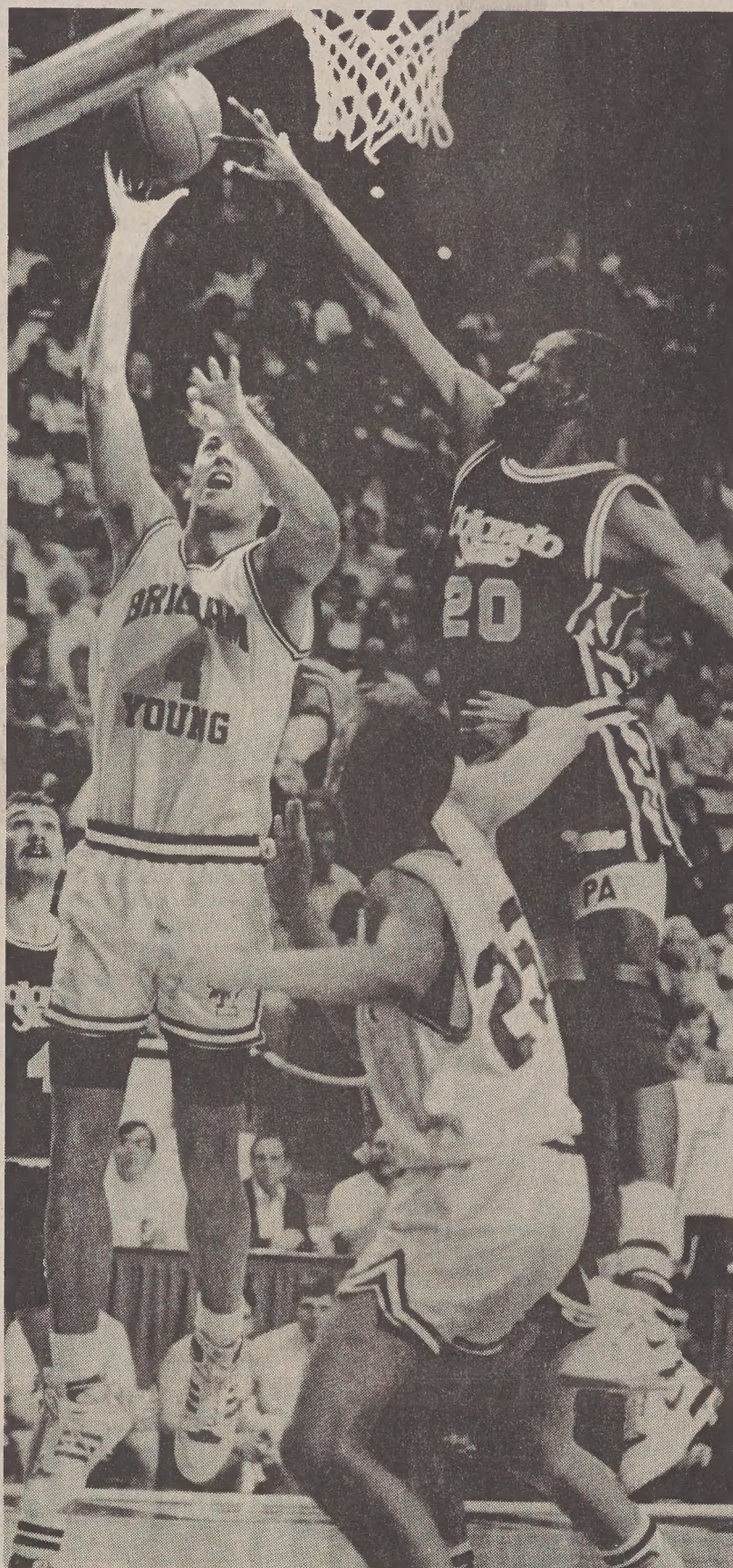
BYU has not beaten this year, but BYU guard Kevin Santiago is optimistic about BYU's chances.

"It's a positive thing for us," said Santiago, of BYU's matchup with Hawaii. "I personally felt we had 'em beat when we played them before. The way we've been playing, we can get 'em." Santiago added that it is hard for a team to beat someone three times in a season.

THEY SAID IT

"He's provided me with a lot of fun, excitement and support for 23 years. His records (BYU basketball) don't matter. To me, he's broken the most important records of serving a mission, finishing college and getting married in the temple."

— Dennis Smith, father of BYU standout Michael Smith, said after learning his son had broken three records in Saturday's game against Colorado State in the Marriott Center.



Universe photo by Bryan Anderton

Michael Smith of BYU goes up against Pat Durham of CSU for two points. Smith scored 30 and grabbed nine rebounds, in his final home game for BYU, in a 89-72 losing cause.

1989 WAC Basketball Tournament

Final WAC Standings

1. Colorado State
2. New Mexico
3. UTEP
4. Hawaii
5. BYU
6. Air Force
7. Wyoming
8. Utah
9. San Diego

Wednesday
March 8th
Game 1
7:05 p.m.
San Diego

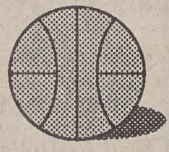
Colorado State
Game 5
9:35 p.m.
Winner of Game 1

BYU
Game 4
7:05 p.m.
Hawaii

Winner of Game 4
Game 7
9:35 p.m.
Winner of Game 5

Winner of Game 3
Game 6
7:05 p.m.

Winner of Game 6
Game 8
8:05 p.m.
Winner of Game 7



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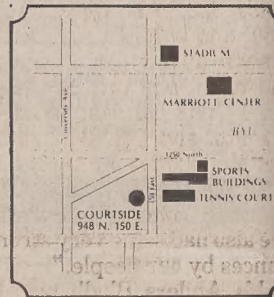
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Wrestlers sweep competition for WAC crown

By KRISTIN BAYLES
Universe Sports Writer

Spurred on by upset victories from freshmen, the BYU wrestling squad swept by the competition to win the Western Athletic Conference title. The Cougars blew away rival Wyoming in Provo Friday night to win by a 16.5 point margin.

Freshmen Mike Armstrong and Rick Evans had upset victories in the semi-final round while Scott Eastmond went all the way for the Cougars.

BYU finished first with 93.75 points while Wyoming followed with 77.25. Finishing third was New Mexico with 44.5 followed by Air Force with 38.5 and Eastern Washington, associate WAC member, with 16.

The Cougars won four individual titles and qualified six wrestlers for the NCAA tournament.

BYU was featured in the championship match of every weight class except 118 and was 4-2 against Wyoming in the finals.

Eastmond's hard work finally paid off as the freshman upset Wyoming's Craig Walters for the second time this season to win the WAC title at 126 pounds.

Walters was second in the WAC in 1988 and was ranked fourth in the nation last year. He finished second in the Mountain Intercollegiate Wrestling Association tournament held at BYU earlier this season while Eastmond finished fourth.

Eastmond had defeated Walters earlier in the season when the Cougars traveled to Wyoming for a dual meet. His second round escape in the

WAC tournament resulted in the emotional upset. Other Cougar champions were Robbie Winter, John Kohls and Corey Veach.

Winter entered the tournament weakened from cutting too much weight. The junior dropped nine pounds in just over 24 hours to make the 142-pound weigh-in.

Winter defeated Matt Ciccarello of Air Force 9-7, but had difficulty finishing the match. He fought off stomach pains in the championship round and defeated Chad Taylor of Wyoming 6-2.

Kohls won his third straight WAC title at 167 pounds. He pinned his first two opponents and defeated Mark

Voloshin of Wyoming 5-2 in the finals. Kohls was leading 3-0 with four seconds left in the second round when he reversed his opponent to take a 5-0 lead.

Voloshin scored a takedown in the final seconds, but it wasn't enough to defeat the defending champion.

Veach started slow in his semi-final match against Rob Downey of Air Force, but turned it on in the third period to win 5-3.

He dominated Steve Medina of New Mexico in the finals to win 10-4. The junior was up 8-3 after the first round and coasted in for the win.

Finishing second for BYU were Armstrong, Chris Humphreys, Gene Wilcox, Mark Willis and Evans.

Armstrong pinned Brian James in the second round of the 134-pound semi-final.

He started fast in the championship match, but was unable to score in the third round, losing 5-3 to Wyoming's Mike Donovan.

Humphreys defeated Brett Argeris of Wyoming 9-5 in the 150-pound semi-final. He was defeated 7-4 in the finals by New Mexico's Tedon Flieschman who was named the tournament's outstanding wrestler.

Humphreys was selected by the WAC coaches as a wildcard and will be wrestling in the NCAA tournament.

Wilcox pulled off BYU's first upset of the tournament when he defeated second seeded Matt Doyle of New Mexico 5-2. He then defeated the third seed, Tom Herring of Air Force 11-5 in the semi-finals.

The championship match with Dave Myers of Wyoming was tied at

three, but riding time gave the win to Myers. Willis defeated Mark Lindow of Air Force 5-2 in the semis, but lost to Brian Hagen of Wyoming 9-6 in the finals.

Willis was strong early, but was unable to escape in the second round. A third-period surge was too late to pull off an upset. Willis was BYU's second wildcard and will compete in the NCAA tournament.

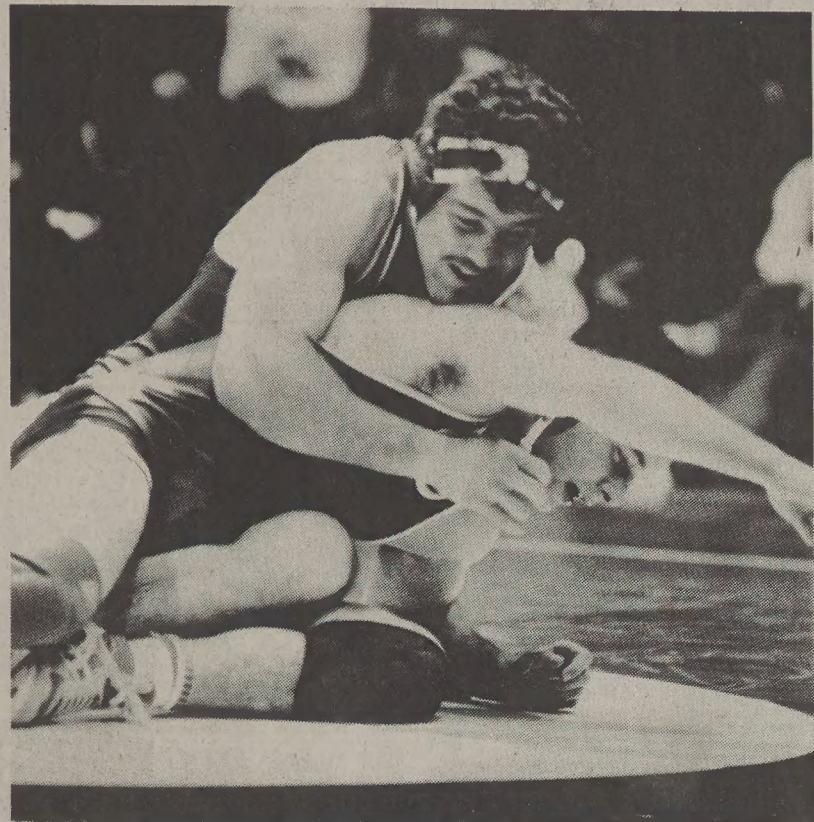
The Cougars had struggled at heavyweight, losing two wrestlers to injury and one to academic ineligibility. Freshman All-American Rick Evans forfeited his red-shirt year to compete in the tournament.

Evans 10-9 upset victory in the semi-final round over Wyoming's first-seeded Bill Cogdill helped spark the Cougars. Evans was defeated by Air Force's Scott Ulrich in a controversial 3-2 final. Ulrich stalled for the final 30 seconds, but despite two earlier warnings, no call was made.

BYU Coach Alan Albright, voted WAC Coach of the Year, said that early wins at 158 and 134 pounds were key victories for BYU. "I thought it would go down to heavyweight. Overall, everyone did as good or better than expected," he said.

Shawn Robinson was the only Cougar wrestler not featured in a championship match. Robinson suffered an injury in his semi-final match and was unable to finish the tournament.

The NCAA tournament will be held in Oklahoma City, March 16-19.



Universe photo by Stuart Johnson
BYU wrestler Corey Veach, a 177-pound junior from Cortez, Colo., prevents Air Force opponent from escaping. Veach went undefeated to help lead BYU to the WAC title.

Cougar swimmers place 2nd in WAC

By MIKE MOSS
Universe Sports Writer

The University of Utah captured its third consecutive Western Athletic Conference title in swimming, Saturday at BYU. The Utes have been known for their depth in the past, but this year they racked up 11 wins in 20 events.

Utah scored 519 points compared to second place BYU's 403. Third place went to the University of New Mexico with 334 points followed by Hawaii's 322, Air Force Academy with 305 and Wyoming totaled 227.

"They're all fun to win, but this was a total team, one that had excellent depth. I think we won about half of the events, and I think that demonstrates the quality of this club," said Utah Coach Don Reddish. "Oh true, there were some disappointments, but we also had some very strong performances by our people."

Utah's Anders Bladh won the 50- and 100-yard freestyles and swam the anchoring legs on the winning 200-yard medley relay, the 200-yard freestyle relay, the 400-yard medley

relay and the 400-yard freestyle relay. By the end of the championships Bladh had won first place six times.

"We need a swimmer like that. We will miss him, but we won't miss what he does to us," said BYU Coach Tim Powers.

Reddish said that Bladh is a great athlete and could do well in any sport. He added that Bladh will also graduate after 11 quarters.

Utah qualified three more places in the upcoming NCAA Championships while BYU qualified Ng Yue Meng in the 100-yard breaststroke in a time of :55.90.

Powers said he was pleased with the way the Cougars swam.

"Our goal was to get 400 points and we got 403," said Powers. "We've got a young team with some new freshmen. We do need to get some sprinters. Having a young group is encouraging."

BYU led Hawaii by just two entering the final day of competition and came out Saturday swimming strong.

"The kids were determined to get second place," said Powers. "It didn't feel like the WAC Championships un-

til the second day. When teams travel together they seem to be closer. After the first day they came together."

BYU got strong performances in the 200-yard backstroke, getting a second and third place finish from Rob Doman and Kurt Dickson respectively.

Doman also defended his 100-yard backstroke title with a time of :51.38. After winning the 100-yard breaststroke, Meng finished second in the 200-yard breaststroke.

Kristian Johansson and Mike Hagen finished second and third in the 200-yard butterfly to help lead BYU to a second place finish. Jason York took second in the 1,650-yard freestyle, the longest of the races. York, Hagen and Johansson are all freshmen, and Meng is a sophomore. All should be top contenders for the Cougars in the next couple of years.

"Our depth is getting better every year, and most of the kids are freshmen," said Powers.

BYU took second in one of the most exciting races - the 400-yard medley relay. BYU's time of 3:23.77 was just short of Utah's 3:23.05.

Eaton presents too big an obstacle for Hawks

Associated Press

ATLANTA — Mark Eaton was a 7-foot-4 obstacle that was too big for the Atlanta Hawks.

The huge Utah center blocked four shots, altered several others and pulled down 23 rebounds Sunday as Utah beat the Hawks 85-83. He also found time to score 15 points on offense.

"Eaton was a big factor," Atlanta's Glenn Rivers said. "He may not have gotten credit for a lot of blocked shots, but he changed a lot of shots."

Karl Malone's two free throws with 43 seconds left ended the scoring and John Stockton and Bobby Hansen paced the Jazz attack with 20 points each.

"I was getting good position, especially on the offensive board," Eaton said. "You have those nights when the board seems to be coming your way."

Atlanta's Moses Malone missed two free throws with 31 seconds left. Utah's Malone failed from inside with seven seconds to play and Glenn Rivers of the Hawks failed on a 20-footer at the buzzer.

"That was as good defense as we have played in quite some time," Utah coach Jerry Sloan, who lost to the Hawks the last time they met.

Woman trackster qualifies for nationals

An 18-year-old newcomer to the BYU women's track and field team broke three records and qualified in two events for the NCAA Nationals while competing Saturday in a last-hope-meet in Colorado.

Coach Craig Poole took two tracksters to the Potts Invitational in Colorado and Coach Patrick Shane took three distance runners to the Nebraska Last-Chance Invitational for one final attempt at qualifying for nationals, and for freshman Christy Opara, the trip paid off.

said after the Jazz held Atlanta to only 34 percent shooting.

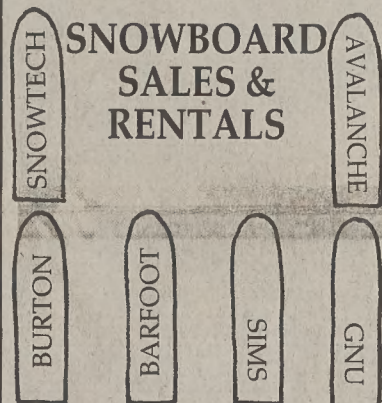
"We keep getting stronger and stronger, and by playoff time we will give our best shot for it all."

"Our breakdowns came in that we had some trouble shooting the ball and at critical times, our shot selection wasn't very good," Hawks coach Mike Fratello said.

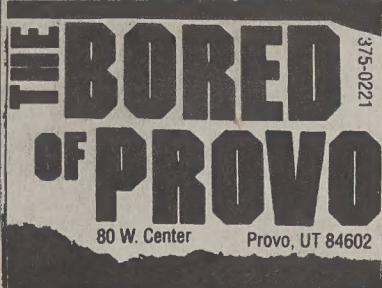
Opara, a newcomer from Lagos, Nigeria, not only won the 55-meter dash with her time of 6.88 but also qualified for nationals, broke the Potts Invitational record and for the fourth time in a row set a new BYU school record.

She didn't stop there. In the long jump event, Opara broke BYU's 10-year-old record of 20-4, set by Themis Zambrzycki in 1979, with a jump of 20-6 to easily surpass the NCAA qualifying mark of 20-1 3/4.

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16- Rooms for Rent

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17- Unfurnished Apts for Rent

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18- Furnished Apts for Rent

MONSON APARTMENTS
Men's vacancies Spr/Sum \$70 + lights, Fall/Win 89-90: sgl \$130, dbl \$100 + lights. Inclds MW & Cbl. 373-6811; 345 E. 500 N.

GIRLS: F/W Rent \$115 incld utls, 2 bdrm/4 girls w/ laundry & cable. Anita Apts 41 E. 400 N. #5. 373-0819, BYU Approved.

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Applications for Sp/Su & F/W.
TROUBLE FREE 377-7902.

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FREE 2 WEEKS, Girls Rivergrove Condo, 1082 W. 650 N. Shrd rm \$110. Call 375-6719, 10-5.

FREE 2 WEEKS, Lovely Girls Chatsworth, 68 N. 100 E. Shrd \$165. Call 375-6719, 10-5.

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MENS Very nice duplex at 1054 W. 2000 N., Sp/Sum \$90/mo., Call 225-4707.

GIRLS Supersharp Chatsworth Condo at 700 N. 100 E., Sp/Sum \$90/mo., 225-4707.

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ENCLAVE GIRLS, 1 opening Sp; 4 openings Sum, \$130/mo., Pvt rm, W/D, DW, MW, Pool, Jacuzzi, 2 bks to BYU. Call Kristin 377-3742.

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19- Couples' Housing

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2 BDRM, AC, Disp, Free Cable TV, \$250/mo + G & E, 284 N. 200 E. Call 374-8158.

2 BDRM APTS, Great Location, furn, A/C, \$305-\$310/mo, inclds all utls except lights, 373-7299.

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20- Houses for Rent

HOUSE AVAILABLE IMMED for 4 women, prvt rms, 2 bths, W/D, 1 mile North of BYU, \$150 plus, 1 225-5958.

GREAT HOME/GIRLS Sp/Su/FALL Close to campus, 4-5-6 girls, laundry, pool, micros, DW, AC, storage, great ward. Don't wait. See Ed or Jean 830 N. 100 W. #4, Provo. 374-1919.

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21- Single's House Rentals

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22- Homes for Sale

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29- Out of State Housing

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83 YAMAHA VIRAGO 500 CC Excellent condition \$1800 Nego. Call 377-3726.

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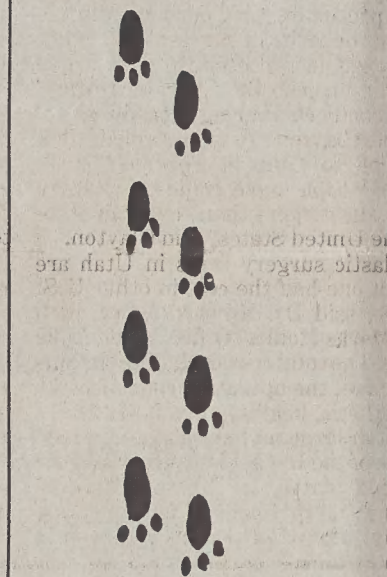
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Plastic surgery: not just a face lift

More people turning to surgeon's knife for image change

By KRISTIN BAYLES
Universe Staff Writer

Plastic surgery is more than just a face lift. With increasing emphasis being placed on looking good and feeling fit, more people are turning to the surgeon's knife for a solution.

Dr. Charles H. Stewart, a plastic surgeon practicing in Provo said, "It's not so taboo to want to improve your appearance anymore."

Dr. Blayne L. Hirschi, a local plastic surgeon, sees over 1,000 patients a year. Of these patients, 30-40 percent are seeking cosmetic surgery.

Hirschi compared plastic surgery to having teeth straightened or hair dyed. "It's one of the most fascinating fields. It's only limited by the imagination," he said.

Hirschi said there are times when he sees a person outside of the office who thinks about how a certain operation would help them. "Of course I never tell them that," he added.

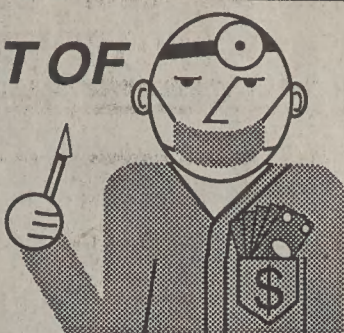
In some cases, plastic surgery can change a person's entire personality.

According to Hirschi, sometimes a patient with a poor self-image will have surgery that will result in a more positive self-conception. He said some of his patients have changed from being introverted to being more extroverted and confident.

Hirschi and Stewart both said many of their patients are pleased with their first surgery and consequently return for a second operation.

Utahns are fortunate that Utah has the lowest rates for cosmetic surgery in the United States, said Stewart.

AVERAGE COST OF COSMETIC SURGERY IN UTAH



Abdominoplasty (tummy tuck)	\$2,000 to \$3,000
Blepharoplasty (eyelid surgery)	\$1,500 to \$2,500
Breast Augmentation (enlargement)	\$1,500 to \$2,000
Breast Reduction	\$2,500 to \$3,500
Facelift	\$2,500 to \$3,500
Otoplasty (ear surgery)	\$1,500 to \$2,000

Source: Deseret News

Universe Graphic by Mark A. Stastny

This is especially beneficial because patients requesting plastic surgery for cosmetic reasons seldom receive financial aid through insurance.

Stewart said the belief that most plastic surgeries are face lifts for older women is a misconception.

Most plastic surgeries are performed on people between the ages of 25 and 45, according to Stewart.

He said many women want to firm up their tummies and breasts after having children. Hirschi stated that the average age of his patients is 30 years old.

He said his patients range in age from early teens to people in their 70s and 80s.

Stewart said, "As this population (25-45 year-olds) ages, more people will be looking for face lifts."

Breast augmentation or enlargement has become one of the most popular cosmetic surgeries. This operation consists of placing an implant, generally a thin, soft-shell of silicone, behind existing breast tissue. A small incision is made beneath the breast in order to insert the implant and within a year, most scars are barely visible.

Hirschi performs surgeries which require local anesthesia, such as breast augmentations, in an operating room at his office. He also allows immediate family members to watch the operation if they desire.

Gaye Tuscher, a registered nurse who works for Hirschi, said watching the operation can give a husband or wife a better concept of what their spouse is going through.

Hirschi said about 99 percent of his patients have been pleased with the results of their breast augmentation. He added that family members are also happy with results if they have been well prepared and have reasonable expectations about the operation.

Another popular surgery is rhinoplasty or nose surgery.

This procedure usually requires one to two hours and can be performed under local anesthesia. The incisions are usually made from inside the nose so that no scars are visible afterward.

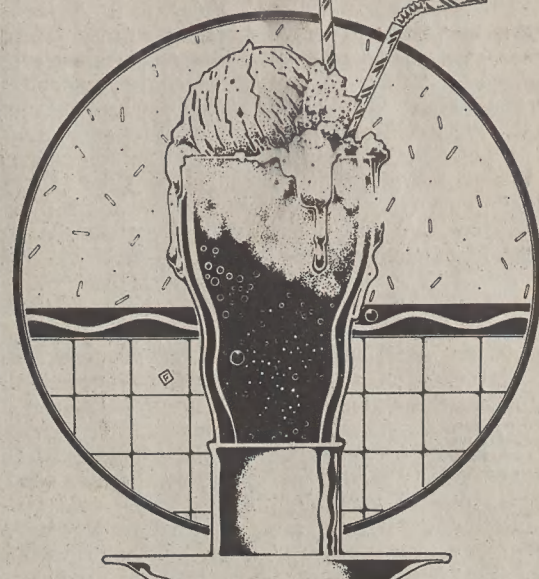
The recovery time following most plastic surgeries can range from a couple of days to a month. Hirschi said patients in good condition respond quicker to treatment and recover faster.

Stewart said before going into plastic surgery, his favorite part of an operation was closing the wound. He said he enjoys trying to make the closure as neat as possible.

Stewart added that taking a human body and improving it was exciting.

"That's why I went into plastic surgery," he said. "I've always liked to put things back together and make them look better."

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606 WEST 1720 NORTH, PROVO, UTAH 374-2700

Most popular plastic surgery is liposuction, surgeon says

By ELIZA A. TANNER
Universe Staff Writer

Liposuction, the permanent removal of fat, is the most popular cosmetic surgery in the United States, said a Salt Lake plastic surgeon.

Dr. David N. Clayton, of Clayton Plastic Surgery Specialists, said 10,000 liposuctions were performed last year in the United States.

Liposuction, or suction lipectomy, is a procedure that permanently removes deposits of excess fat. It is not a weight loss procedure said Provo plastic surgeon Dr. Charles Stewart, but a body contouring procedure.

The Clayton group introduced liposuction to Utah in February 1983. More people have come to Utah to have the surgery than any other state in the United States, said Clayton.

Plastic surgery costs in Utah are about one-half the cost in other U.S. states, said Dr. Edward Lewis with Marks Medical Office in Salt Lake City. The total cost, including the surgical fee, the operating room and the anesthetic, begins at about \$1,200.

Utah surgeons have also performed some of the largest liposuctions in the United States. In one operation, 16 pounds were removed and one lady had a total of 24 pounds removed in

two operations. She dropped eight dress sizes in the course of the surgery, he said.

The purpose of liposuction is to establish new body contours and as such, Clayton said, it is not appropriate to have an arbitrary cut-off in the amount of fat taken from a body.

However, Lewis said he would not recommend removing more than 2,000 grams of tissue or 4.4 pounds.

In a series of 300 patients, each having more than five pounds removed, Clayton said he has not seen any more complications than those who have less fat removed.

If a patient is having three or more pounds suctioned, then they ask the patient to donate blood before the operation, he said. During the operation, the patient's blood is given back to him.

Liposuction has "the best safety record of any surgery we do and the lowest overall complication rate of any plastic surgery," Clayton said.

A problem may arise, however, with liposuction if it is not performed by a plastic surgeon certified by the American Board of Plastic Surgery.

Many cases of complications, poorly done liposuction and disasters arising from liposuction have been reported in Utah. Many of the surgeries

were performed by doctors who were not plastic surgeons, Clayton said. In one such case a doctor "got into her intestines" and the patient was almost killed.

Certified plastic surgeons are trained as general surgeons, with three to five years of experience, before they are trained as plastic surgeons. If you have questions about whether a doctor is a trained plastic surgeon, you can call the American Board of Plastic Surgery at 1-800-635-0635.

It is hard to define the best candidate for liposuction because people have different expectations. Liposuction is best for those in generally good health and who have resilient skin. "Elastic skin" ensures that after the fat is removed, the skin will conform to the new contours.

According to Lewis, it is true that the skin loses its elasticity when people grow older, but then if people are older they may have different expectations and so no arbitrary upper age limit should be set. However, liposuction should not be done on children as it will interfere with their growth.

It takes about six months to see the ultimate result of the surgery, but one can see improvements after two or three weeks.

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OFFER ENDS MARCH 8, 1989

Good habits help dieting

By JAMES V. RODGERSON
Universe Staff Writer

Incorporating good nutritional habits and lifestyle changes along with exercise is the key to successful weight loss, according to many local experts.

According to Garth Fisher, professor of health and co-author of the book, "Lowering Your Fat Thermostat," you can't control weight but you can control behavior. "Lifestyle changes are needed in order to lose weight and keep it off... we need to change the way we live, eat more healthful kinds of foods and exercise regularly."

"The key is teaching people sound nutritional principles, good eating habits, balance and moderation," said Scott Rhien, a licensed clinical social worker who teaches classes on nutrition and weight loss management.

According to Michelle Groves, a consultant at the Provo Weight Loss Clinic, a program must be something the client can live with. "If they can live with it, chances are that they will stick to it," she said.

"Calories are not as important as the nutritional value of the food," Groves said. "We need calories. The idea is to pack as much nutrition into those calories as we can and less fat," Rhien said.

According to Fisher, research has indicated that it's not so much the

calories, but the types of foods that we eat that produce fatness. In the Surgeon General's report it was found America's number one problem was its consumption of fat.

Fisher said, "There is a direct relationship between fat and heart attacks and certain types of cancer."

Fisher recommends a low sugar, low fat diet and encourages people to concentrate on eating a variety of fruits, vegetables and grains. He also said people should eat less dairy products and meat which are loaded with fat and eat more vegetables. "The vegetable family is the better group to eat foods from."

"If you eat the right types of foods, you can eat all that you desire and still lose a pound a week," Fisher said.

All diet programs call for an exercise program at least three times a week. Aerobic exercises such as walking, jogging, cycling or swimming are recommended for maximum weight loss.

According to Stacy Hogan, a consultant at the Provo Diet Center, aerobic exercises are better because they keep the heart rate up so that the body continues to burn calories and use fat as its energy source. "Racquetball and other sports are good but they tend to be stop and go sports and therefore are not as effective in burning calories," Rhien said.

Most diet programs recommend a

longer, more moderate exercise program. "During the first 10 minutes of exercise, the body burns mostly sugars. It's only after 15 minutes that it begins to burn fat," Rhien said.

"Eating correctly along with exercise can increase ones metabolism rate or the ability of the body to burn calories," Groves said.

"There needs to be a healthy balance between input of food and output of exercise," said Birgitta Holbrook, a lecturer at Weight Watchers.

According to Rhien, a person burns 50 percent fat and 50 percent muscle with good nutrition alone; with fasting alone a person burns 3 percent fat and 97 percent muscle. However, with good nutrition and exercise a person burns 97 percent fat and 3 percent muscle.

"If you exercise and eat right you'll not only lose weight, but be healthy too," Fisher said.

Improper dieting such as fasting and starving can do more harm than good. "By starving oneself, a persons' metabolism actually slows down," Hogan said. "The body only takes the minimum amount it needs to operate bodily functions and the rest is stored as fat."

Some diet programs also caution against eating late at night or before going to bed because this doesn't allow the body to burn these calories and they are usually stored as fat.

Exercise for happiness and health

By VALERIE STAFFANSON
Assistant Monday Editor

Anyone who visits the George Albert Smith Field House after 5 p.m. on any given day can witness myriads of students clad in multi-colored sweats and Spandex outfits. Some of these students are jogging around the track, others are running up and down the basketball courts, a few are lifting weights.

Or walk home from campus on a nice day and you'll see the streets of Provo full of joggers.

For many students, looking and feeling good starts with exercise. While other students are drinking two-for-one shakes at the Cougar Eats, these students are jogging off calories or working up a sweat in an aerobics session.

According to Maria E. Santos, a senior from Oahu, Hawaii, majoring in travel and tourism, exercising is a self-esteem booster. She said she feels better about herself and her body looks more toned when she exercises regularly.

Santos participates in aerobics on a daily basis and also lifts weights every other day.

"I do aerobics before studying. It helps me release stress and forget about my problems. Afterward my mind is fresh and I can study," she said.

Santos plans to make exercising a lifelong habit. She feels a person who exercises also feels and looks younger. She said exercising makes her feel like she can face problems and conquer anything.

John Green, a 22-year-old sophomore from Nebraska City, Neb., majoring in accounting, exercises three or four times a week.

"I exercise mainly for enjoyment," he said. Green lifts weights and plays racquetball. He said these activities

help him release tension. Keeping his body looking good is also important.

For Kelli Jo Kerry, 20, a sophomore from Davenport, Iowa, majoring in theater arts, running is a number-one means of releasing stress and anxiety.

"When I don't exercise I feel miserable," she said.

Kerry runs about four times a week during the winter months and six times a week during the summer. She said she generally runs about four to five miles a day but, "The farther and faster I go, the better I feel."

Running also helps Kerry study better. "I do better in my classes when I'm running daily," she said.

Exercise is a confidence booster for Richard Roberts, 22, a sophomore from Davenport, Iowa, majoring in Business Management.

"Taking care of my body also helps me stay a little more spiritually in tune," he said.

Roberts also wants to make exercising a lifelong habit and plans to incorporate it into his family life when he has children. He feels total fitness is important for all family members.

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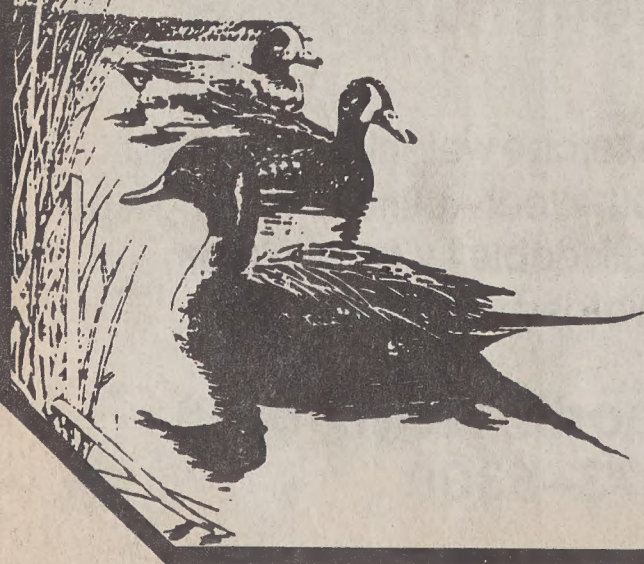
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